



CITY OF BAINBRIDGE ISLAND

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Mental Health First Aid Training Offered by KMS, Co-Sponsored by BIPD

BAINBRIDGE ISLAND, March 11, 2013 – In response to the need to better address mental health issues in communities everywhere, the nationally acclaimed training course Mental Health First Aid is being co-sponsored by Kitsap Mental Health and the Bainbridge Island Police Department this month.

This nationally recognized course teaches “Mental Health First Aiders” to assess a situation and respond to signs of mental health concerns, such as helping a person through a panic attack, or talking with someone who is anxious or depressed. The 16-hour, 2-day course is useful for everyday events, and especially helpful to people working with the public. Sessions will be taught by nationally certified trainers.

The course is being held at Bainbridge Island Fire Station #23 on Phelps Road, March 21 and 22. The cost is \$30 and is open to the public. If you are interested in attending, please act now. Registration is required by March 15, 2013 and participation is limited to 32 attendees.

For more information, or to register for the course, contact KMHS at 360-415-5801 or communityrelations@kmhs.org.

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